SAVE DRY BEANS FOR HOMEMAKERS

DRY BEANS AN AMERICAN STAPLE

During the cold winter months, dry beans cooked in soup or baked sweet to warm up the day. This nutritional food finds few Americans buying beans in 100-pound sacks as did our forefathers. Yet, dry beans have remained a staple in many American diets. Average consumption is seven pounds per person annually.

Economy-minded Americans are discovering decreased dry bean prices when compared to costs of a year ago. This welcome news stems from the 1974 bean harvest which was up 31 percent over the 1973 harvest. Lower prices at the retail store are the result of this greater production.

Out of the more than 100 varieties of dry beans, most Americans select one or two kinds as favorites. Regardless of the choice, these mature beans are economical sources of protein, carbohydrates, and some vitamins and minerals. A one-pound package will yield approximately 6 one-cup servings. They go even further when combined with meat as in chili and beans.

While dried beans are good protein sources, the protein is not the same quality as protein from animal sources. This lack of quality can be supplemented by including small amounts of a animal protein or by providing other vegetable proteins that supply what is lacking in the beans. Both wheat products and rice are good protein companions for dry beans.

Beans are a good main dish but other foods are needed to round out the meal. A menu featuring beans might include applesauce and raisin stewed tomatoes, cheese cornbread, and milk. Animal protein in the form of cheese and milk to drink and in the potatoes are included. Wheat flour protein in the cornbread also complements the protein in the beans.

In the supermarket, dry beans are most frequently offered in one or two pound plastic bags. In the home, beans should be stored in the plastic bag or in a container with a tight cover that thwarts rodent and insects. If stored in a cool, dark area, free from excess moisture, dry beans will keep for a year or more.

Dry beans have remained an American staple for many reasons. They taste good, are easy to store, supply nutrients economically, and are simple though somewhat time consuming to cook.

RECIPE OF THE WEEK

POLKA DOT BARS

Pastry

1 cup butter
2 3-oz. pkgs. cream cheese
2½ cups unsifted flour
½ tsp. salt

Soften butter and cheese. Blend flour ½ at a time. Add salt. Shape into 3 inch roll and chill over night. Next day slice and press into small muffin pans or tart shells.

Filling

2½ cups chopped pecans
3 eggs, slightly beaten
1 cup brown sugar
½ cup light corn syrup
2 tbsps. melted butter
½ tsp. salt
½ tsp. vanilla

Place few nuts in bottom of pastry shells. Beat eggs with rotary beater. Add sugar gradually to eggs. Add melted butter, salt and vanilla. Pour into uncooked shells. Sprinkle with remaining nuts. Bake at 350° for 25 minutes. Can be frozen.

MAGNETIC SIGNS - For your car or truck - Times-Virginian, Appomattox, Va. 3-27-tf

Appomattox County Young Homemakers

The Appomattox County Young Homemakers held their regular monthly meeting Thursday, March 13, in the Appomattox County High School Home Economics Department.

Jennette Strickland, Chapter President, presented the members a chapter membership pledge.

Mike Torrence showed slides on landscaping home lawns and explained the various seeds and shrubs that are best for home yards.

The testimonies for the month were Anne Smith and Ann Gregory.

The next meeting will be held on April 10, at 7:30 P.M. in the home economics department of the high school. Betty Jo Smith, home economics teacher, will provide a program on spring sewing secrets.

Jordan News

Sunday School each Sunday morning at 10:00 a.m.

The Senior Choir will meet Friday, March 21, at 7:30 p.m. All members are urged to attend.

Regular preaching services will be held Sunday at 11:00.

The Gospel Harmonettes will celebrate their 1st anniversary on Sun., March 23, beginning at 6 p.m. Groups appearing on program will be: The Starlight Singers, The Ambassadors, The Harps of Zion, The Scruggs Family, The Gladstone Gospellettes, The Near the Cross Singers, The Family Gospel Singers, The Spiritual Knights, The Gospel Entertainers, and the Community Singers of Halifax. Plan now to attend.

Prayer meeting will be held Wednesday night after the 4th Sunday.

There will be Pre-Easter Services at the Mt. Zion Baptist Church on Thursday, March 27, and at the Canaan Baptist Church on Friday, March 28. Both services will begin at 7:30 p.m.

Sunrise Services will be held at the Jordan Baptist Church Easter Sunday morning.

Evergreen

Mr. and Mrs. Bernard Green (Infinite were visiting in the home of Mr. and Mrs. Bonnie Davis on Sunday afternoon.

Mr. and Mrs. Fred Woodridge and Peggy were guests on Saturday of Mr. and Mrs. Cecil Woodridge and family.

Miss Gra Paulette was returned to her home after undergoing surgery at Virginia Baptist Hospital. Sunday afternoon guests in that home were David Paulette, Mr. and Mrs. Zeb Moore of Charlotte Court House, Mrs. E. W. Paulette Sr. and Tom Paulette.

Mr. and Mrs. Dan Edwards and sons Kenneth and Wayne of Franklin, Virginia were week end guests of her parents Mr. and Mrs. W. D. Harvey.

Mr. and Mrs. Milton Ferguson, Bill Terry and Donna Paulette were guests on Sunday of Rev. and Mrs. Ross Terry of Lynchburg.

Get Well

If you're sick or injured, and unable to work, which gives the most good? Is the food bill your all the other expenses with you are well again? Nationwide's Disability Income Protection plans can help.

Call for details.

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Holy Week Service Makes Start

The annual Pre-Holy Week service made a very fine start last Sunday evening at the Galilee Baptist Church. The Rev. Wood, pastor of Morning Star Baptist Church was the guest speaker. The pastor of the church served as master of ceremony and led the devotional. The following churches were represented: Mt. Airy, Zion Baptist, Morning Star, Chestnut Grove, Baptist, Springfield and Zion. The music was rendered by members from the local churches.

Services will be held at the following local churches: Monday evening, Mt. Grove, Tuesday, Mt. Airy, Wednesday, Morning Star, Thursday, Springfield; Friday, Zion Baptist. The public is cordially invited to each of these services.

The Holy Week Service will be with Sunrise Service at Mt. Airy Baptist Church beginning at 6 a.m.

The local Appomattox Association is presenting an Easter Cantata on next Thursday evening, March 27, 1975 at 7:30 in the main auditorium of the Appomattox Intermediate School. The Rev. W. Hamlet is in charge of arrangements. The choir will be divided into three different groups of 40 each. Church leaders in the area are working hard to inform of the community of this an active part. The choir is opened to the public. There will be no charge or fee. A free will offering will be asked during a special program. A special program will include instrumental musical

Annual Woman's Day at the Mount Shiloh Church last Sunday was well attended and successful. The following program was enjoyed by all: Ida Elliott serving as master of ceremony; Opening Song, The Gospel Harmonettes; Scripture, Mrs. Margaret Ferguson; Prayer, Miss Ann Fleishman; Welcome Address, Mrs. Adlean Harvey; Solo, Mrs. Dorothy Stevens; Selection, Gospel Harmonettes; Greetings from local church clubs; Introduction of speaker, pastor of the church; Sermon, Rev. C. L. Elliott; Music, Gospel Harmonettes; Offering, Mrs. John Henry, Mrs. Annie Harvey and Mrs. Virginia Hicks. The offertory prayer was given by Mrs. Marie Tyler; A memorial tribute was given in honor of the late Mrs. Sarah J. Flowers with a special prayer by Mrs. Bessie Bolden and a solo by the Rev. Mr. Elliott. Remarks were given by Mrs. Lucinda Lewis, president of the club, and also the pastor of the church. Every one enjoyed the good singing, prayers and preaching. It was a high day in Zion.

The regular meeting of the East and West Bound Sunday School Union will be held at the Mount Airy Baptist Church this fifth Sunday at 10 a.m. All schools are urged to take a part.

An overflow crowd of members, relatives and friends attended the regular preaching services at the Zion Baptist Church last Sunday morning at 11 a.m. The Rev. Charles Franklin, pastor of the Fountain Baptist Church of Baltimore, delivered the morning sermon. Beautiful music was rendered by the senior choir. All who attended were inspired by the great message.

A special program was given at 5 p.m. by the Missionaries of the church. The Rev. Wyatt Venable was the guest speaker. The crowd was very good. The message was enjoyed by all.

Regular evening service will be held at the Mount Shiloh Baptist Church this Sunday evening at 7 p.m. The local Junior Choir will render music. All officers, members and friends are cordially invited to attend.

Impressive services were held at the Galilee Baptist Church Sunday morning. The pastor delivered a challenging message.

All officers, members and friends are cordially invited to attend the regular preaching service at the Promise Land Baptist Church this Sunday morning at 11 a.m.

Local churches are reminded of their support to the Red Cross. We trust that each church will make a liberal contribution. A complete list of all churches will be published in this column as soon as the contributions have been reported from each church.

Correction

In the paid "Notice of Registrants Purged" printed in the last edition of the Times-Virginian, the name of Martin, Fred H., Route 1, listed in Rocks Precinct was listed through error.

The name of Fred H. Martin should not have been listed with the names of registrants purged. We regret the error.

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PAINT REMOVAL

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- Remove hardware - Mask any areas to protected - Cover floors with several layers of newspaper - Read directions on lab el - Be generous with remover. A heavy coat gives faster, more thorough penetration - Apply remover only to an area you can clean off quickly. Too large an area causes drying out and hardening of the loosened area - Do not work in direct sunlight - When removing film, scrape in the same direction as the grain - To clean remover from grooves and crevices, use a narrow strip of rag or twine well twisted. Steel wool can also be used wrapped around twine - String wire across old can and use it to clean sludge from brush or knife - Clean wood thoroughly with alcohol type solvent.

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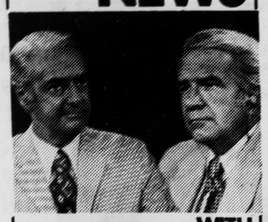
PURINA CHOWS

THE ABC EVENING NEWS



WITH HOWARD K. SMITH AND HARRY REASONER

EYE WITNESS NEWS 13

with STAN JAYSON ANN WADE and RICH BRENNER with SPORTS

6:30 weekdays 7:00 and 11:00

WLVA-TV 13

Lynchburg, Va.

We think it's time someone gave farmers the credit they deserve.

Over the years, farmers have learned to survive without getting a lot of credit for what they do. In fact, they've managed to get along quite well without it.

But there's one kind of credit they can't do without. And that's financial credit.

The kind that takes care of seasonal operating expenses. Like fertilizer, seed, labor and chemicals.

The kind that helps them meet the constantly rising costs of agri-business. (Like nitrogen, that's gone from 10¢ to 30¢ a pound.) As well as helping them deal with its constantly fluctuating (and sometimes marginal) rewards.

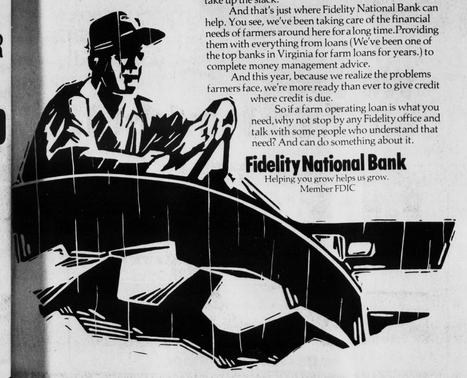
The problem is that with agriculture getting to be a tougher business than ever these days, this kind of credit is getting tougher than ever to find.

For one thing, "crop time credit" is practically gone and probably won't be with us again anytime soon. What's more, not enough banks seem to understand farming, its problems and its promise well enough to take up the slack.

And that's just where Fidelity National Bank can help. You see, we've been taking care of the financial needs of farmers around here for a long time. Providing them with everything from loans (We've been one of the top banks in Virginia for farm loans for years.) to complete money management advice.

And this year, because we realize the problems farmers face, we're more ready than ever to give credit where credit is due.

So if a farm operating loan is what you need, why not stop by any Fidelity office and talk with some people who understand that need? And can do something about it.



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